

Pediatric Development Center



~ Newsletter ~
June
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We provide occupational therapy evaluation, treatment and consultation for children with developmental delays, autism/Asperger, cerebral palsy, Down's syndrome, sensory processing disorders, attention, behavioral concerns, handwriting, and other areas of weakness. Contact us for further information:

125 Presumpscot St. Portland,
ME.
(207) 699-5531

Good Resources:

parents.com/familyfun-magazine/

Banana Berry Sorbet

No ice-cream machine is required for this summer cool-off treat. Plus, kids can customize it with their favorite flavors.

Ingredients:
3 cups fresh berries

1 small, very ripe banana, broken into pieces

½ cup unsweetened fruit juice

1/3 cup lemon juice

1/3 cup light corn syrup

2 tablespoons sugar

¼ teaspoon cinnamon

Pinch of salt

Directions:

1. Place all the ingredients in a food processor and blend until smooth, about 2 minutes.

2. Line a rimmed baking sheet with parchment paper so that the paper hangs over the edge on all four sides if possible. (You'll need a pan that can sit flat in your freezer.) Pour the puree into the pan, then use a spatula to spread it evenly.

3. Freeze the puree until solid, about two hours. The texture will be firm but not hard like ice.

4. Break the frozen puree into pieces. Place them in a food processor and blend for about 5 minutes to form a smooth, creamy sorbet, pausing as needed to push down and break up the pieces with a wooden spoon. You may need to work in batches.

5. Serve the sorbet immediately, or for a firmer texture, place it in a metal bowl and return it to the freezer for 30 minutes.

Bonus idea: Use the puree to make tasty popsicles. Simply pour it into molds and let it freeze until solid, about 3 hours.



Foam Dough

From: momtrusted.com

Materials:

Shaving cream
Cornstarch
Food coloring (optional)
Cups, spoons, bowls, play dough toys, etc

Directions:

Just pour any amount of cornstarch, and squirt about the same amount of shaving cream on top of the cornstarch. Add more of either as needed to create moldable dough. Mix by squishing with your fingers. Add some food coloring if you want to add some color. Super easy. Super quick. Super fun!

Fly Swatter Math Game

From: kidsactivitesblog.com

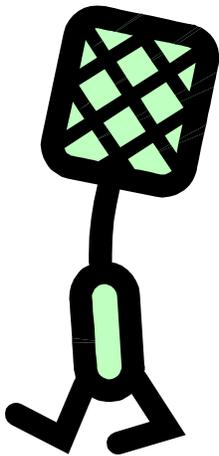
Get a big piece of butcher paper and help your child write all of the numbers between 0 and 50 in a random order. Use a fly swatter to find numbers using the games below:

With this cool math game, you can have a lot of different versions of learning:

- With a preschooler, play number I Spy. "Can you find the number 4? Hint: it is Red"
- Use the worksheet, and instead of answering with words, have your child slap the correct answer with a fly swatter
- Ask your child to go in order and find all of the

even numbers, or count by fives.

- Ask your child to count backwards.
- Use flash cards and see how fast your child can swat the correct answer.
- Is the fly swatter getting old? Try mixing it up by having your child tap the answer with an elbow or nose.
- Lay the paper on the floor and stack the corresponding amount of an item (ex: Legos) on top of the number.



Bubble Recipes

Basic Bubbles: 2 tablespoons dish soap; 1 cup water

Sweet Bubbles: 1 tablespoon corn syrup; 2 tablespoons dish soap; 1 cup water

Magic Bubbles: 1 tablespoon glycerin; 2 tablespoons dish soap; 1 cup water

Color Bubbles: 1 cup liquid tempera paint; 2 tablespoons dish soap; 1 tablespoon liquid starch

* Mix up the recipes the day before for best results.

* Glycerin is inexpensive and can be found in most drug stores. The children think that the bubbles are so much better that it is worth keeping a small bottle on hand.

* DO NOT use the Sweet Bubbles recipe if you have bees or wasps in your yard.

* Color Bubbles can be a bit messy. Be sure to use paint that can wash out. You can add a little water if the mix is too thick.